

HIGHLIGHTS

January 2002 **CYS / Project Together Newsletter** Vol. XVII, No. 1

For Your Information...

Some 28 children receiving services through Children & Youth Services are seeing more clearly today as a result of LensCrafters Hometown Days at the Westminster, Brea and Laguna Niguel locations. The LensCrafters/CYS-Project Together collaboration makes it possible for children in need of glasses to receive eye exams and corrective lenses during Hometown Days and during the year as special needs occur. Therapists refer clients for this service which is provided based on financial need. Thank you to the staff at all of the LensCrafters locations and especially to Curtis Livingston at CYS-Project Together, who coordinated referrals and scheduling...

Veronica Chavez, Volunteer Coordinator at CYS East Region, had to reserve a county van in order to pick up the hundreds of gifts provided by the students at Los Alamitos High School for their adopted holiday families in West Region and East Region. The students take this project to heart every year and spend their allowances and income from part-time jobs to bring joy into the lives of families and young-

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Therapist Spotlight

Therapist Encourages Appreciation of Uniqueness

*By Veronica Chavez
Volunteer Coordinator
East Region*

Cheri Bard-Henoch, MFT with the Child Guidance Center in Santa Ana, encourages her CYS-Project Together mentors to appreciate each client's uniqueness.

Using this approach, Cheri works with mentors assigned to her clients and urges them to explore each child's talents through appropriate activities and interesting outings. This not only helps build a bonded relationship between mentor and child, but helps the child discover, understand and appreciate himself.

Cheri is both supportive and understanding toward the mentors. She communicates to each mentor her awareness of the importance of their commitment and their ability to be consistent and dependable for children who need this desperately. She considers each mentor an integral part of the therapeutic team and often discusses with them therapeutic issues and the types of mentor/child activities that could help the child most in working through the issues or in developing new coping skills. Cheri recognizes that because the mentor spends approximately four hours a week with the child in a relaxed setting outside the therapist's office, it is a great opportunity to extend the therapeutic process by putting it to the test in real life situations.

A strong child advocate, Cheri has supported CYS-Project Together for



many years. She gets excited about the holiday programs and refers families in need of necessities such as food and gifts for the children, who would otherwise go without. She utilizes the CYS-Project Together Resource Center when families are in crisis and need clothing. She has also referred children for "camperships". As a bilingual therapist, Cheri has referred both English-speaking and Spanish-speaking children for services with wonderful results.

"I find that CYS-Project Together programs serve as excellent additions to each child's treatment," says Cheri.

As a volunteer coordinator, I appreciate Cheri's consistent communication regarding the client and mentor match and her inquiries regarding events and resources. Cheri optimizes her utilization of CYS-Project Together and her clients benefit immensely.

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Mentor's Mentor

Change Great Expectations With Meeting

Dear Mentor's Mentor:

When I began my mentor assignment with CYS-Project Together I was a college student and now I am looking for a job. I have been matched with a teenage girl in foster care and she seems to think that all of our outings should be extravagant or spectacular in some way. When we do something simple, like go to a park, she becomes non-communicative and seems very disappointed. At this point, without a job, I simply cannot afford anything else.

I must add here that this is probably my fault. When I was a student and started mentoring, I took her to a holiday party and to an entertainment event sponsored by the program or we used donated tickets. I was so anxious to do a good job and have her like me that I jumped at the chance to participate in events. She seems bored when we go out now. She seems disappointed that we are not going to fun and expensive places. I want her to appreciate the time we have together.

I want to continue as a mentor, but I feel I need some help here.

Mentor

Dear Mentor:

How do you have fun without being entertained?

How do you build a constructive and solid relationship without both parties acting as participants?

If you spend two hours at a movie, you don't spend much time talking or interacting with each other and a solid relationship can only be built on 2-way communication. While taking in a movie or going to an amusement park is fun once in a while, it is not reasonable to have an expectation that your outings always will be Hollywood entertainment. Through talk and taking the time to get to know each other, you build knowledge, trust and a caring attitude with each other.

This is what many of our clients need the most. Please bear in mind that many clients are receiving services due to problems in their relationships. It sounds like your feelings might be hurt by her behavior and attitude, but consider that it could be a matter of a cover up on her part. That is, a

cover up for the fact that she would rather be entertained because she might be uncomfortable with relationships or may even have severe problems in establishing and maintaining relationships.

Sunney Shin, Volunteer Coordinator for CYS-Project Together/ North Region, suggest that you request a meeting with the therapist and discuss the efficacy of a joint meeting with you, the mentee and the therapist to review the issues, including the girl's behavior, the importance of building a meaningful relationship, as well as reasonable expectations and goals for a mentor/mentee relationship. Sunney stresses that this is a wonderful opportunity for you and the therapist and the client to work together for the benefit of the child. It is important for there to be an understanding that she was assigned a mentor because her therapist felt she needed one and that you are there because you want to be with her as a trusted friend.

Good luck.

Mentor's Mentor

Happy New Year

All of us at CYS-Project Together look forward to 2002. We look forward to continuing our mission of providing mentors for as many children who need them.

We look forward to providing clothing to children and teenagers returning to their families from group homes and who have outgrown the clothing they left behind; or children, due to necessary medication, need different clothes.

We look forward to providing displaced families with clothing, food vouchers and other necessities.

We look forward to sending as many children who are able to camp to make new friends, to widen the scope of

their experience, to grow and develop self-esteem and a sense of independence, and to provide respite.

We look forward to providing enrichment experiences to acquaint children with the wonderful world around them, to develop special interests and talents, to provide an opportunity to work on social skills, and to develop mastery in specialized areas resulting in better coping skills in their environment.

We look forward to appreciating each staff member, mentor and volunteer for his or her contributions toward our efforts.

Volunteers Are Special!

Lorrie Grumbling Enjoys Sharing Her Feelings

By Lee Boon
Volunteer Coordinator
South Region/Laguna

Ghosts, earthquakes, music, spiders, school, aches and pains and girl stuff are all topics of conversation in the lives of one CYS client and her mentor Lorrie Grumbling.

Lorrie became interested in becoming a mentor for the CYS-Project Together program while she was earning a certificate in Human Services at Saddleback College. She chose Project Together because she felt she had much to offer by helping a child build self-esteem. In her 2-year relationship with her now 16-year old teenage match, she has discovered that the relationship has been mutually beneficial because she has learned as much as she has taught.

"I'm at a point in my life where I want to share what I have learned with others in order to help their lives be a little less frustrating," says Lorrie. "I decided long ago that just as in my own life, self-esteem is so important for each of us, to help us feel like we matter. I figure if I can help anyone along life's way, especially children, to like themselves and feel important in this difficult life, that I will do my best," she said.

In reference to her experience as a CYS-Project Together mentor, Lorrie says, "Well, it turned out that the Project Together mentoring program is helping me do just that. By one-on-one sharing, I am not only able to share the necessary life skills, but I also learn from her and appreciate my time with her. I continue to grow while I am helping her to grow and learn how to accept the many challenges life has to offer," says Lorrie.

The two enjoy their time together and share their feelings about school and life in general. This teenager is full of questions about why things happen and when Lorrie doesn't know the answer they visit the library and look it



up or Lorrie suggests that she ask her parents or a teacher.

However, the relationship is not all talk. Recently, the two found an injured dove and took it to the Wildlife Shelter in Huntington Beach. They also enjoy ice cream and strawberry-banana smoothies. They go to movies and local parks. They explore interesting topics at the library or search the internet. They fly kites and have even been bowling twice. They cruise the mall or the swap meet and have fun going to the drive-through car wash. They have taken advantage of CYS-Project Together resources and spent one Christmas attending the holiday ice skating show at Anaheim Pond and they celebrated the teenager's 16th birthday at Disneyland.

"By the way," says Lorrie, "The free and discounted coupons and tickets that Project Together offers us are very much appreciated. They help us to do those extra special things that otherwise would not be possible."

An important benefit of the relationship is the teenager has learned some important life skills in relaxed and joyful company. She has learned how to handle money transactions and appro-

priate ways to interface with others. Lorrie understands that teenage years can be overwhelming and takes her mentorship seriously serving as a good role model and friend.

Lorrie looks forward to continuing being a mentor and to another assignment in the future.

CYS-Project Together is honored to have such a dedicated and positive person serve as a mentor. Thank you Lorrie!

For Your Information...

(continued from page 1)

sters in distress, transition or living in group homes...

Adrienne Davalos, CYS-Project Together Volunteer Coordinator for Aspen Santa Ana, made her rounds of 10 locations on Dec. 17 and 18 to pick up well over 300 gift-wrapped packages from 10 angel tree locations provided by area businesses. Ken Cornwell of Aspen's Tustin location provided the makings for complete holiday ham dinners. The number of families meeting the strict criteria for receiving holiday assistance grew this year, but all had their needs met.

A special story that is a year old, but well worth the tell, is that of a family being served by the Child Guidance Center in Santa Ana. The family had been rendered homeless and the parents had planned to spend Christmas Day with their children in the McDonald's parking lot. According to Cheri Bard-Henoch, she called Veronica Chavez, CYS-Project Together Volunteer Coordinator at East Region, to see if she could help on such short notice. She did and the family had the best Christmas ever, providing the hope needed to create a turning point in their situation...

Projects Corner

Rainy Days Nurture Craft Kit Project

The rainy season is upon us in Southern California and we need to be prepared for outdoor activities foiled by sudden rain. Many wise mothers and teachers have a Rainy Day Box just for this purpose. It is full of an array of goods that can grow over time and from which all kinds of things can be made.

As a matter of fact, it is fun just to put the Rainy Day Box under the nose of any child from 3 to 23 and let them decide what can be made from the materials available to them. At times, the results are astounding because everyone's mind works differently and you can be truly surprised by the ideas and the creativity.

If you don't already have a Rainy Day Box, here are some suggestions to start one:

Rainy Day Box

Storage box, banker's box or copy paper box
Wrapping paper
Poster paints

Markers
Favorite pictures
from photographs
or magazine
Non-toxic glue
Paint brush
Scissors



1. Cut paper to fit the box bottom and cover it completely. This can be done by centering the bottom of the box or the lid on the paper and bringing up the paper to cover the sides and to lap one inch over the inside of the box. Miter the corners or cut them out, making neat seams at the corners.

2. Pour a generous amount of glue on the bottom of the box and smear it evenly over the surface. Place the box on the paper, centering it.

3. Do the same to the sides of the box one by one and glue the paper lapping over the top edge of the box securely. Smooth out paper over the surface of the box with your hands.

4. Do the same to the lid

5. Decorate the box with photos, pictures, or by painting it.

Filling the Rainy Day Box

This is done best over time, but there are some basics that seem to work for just about everyone.

Scissors
Glue
Paints
Brushes
Marking Pens
Construction paper
Writing paper
3 X 5 cards
Rubber stamps and pads
Clay
Beads
Tin cans
Yarn and ribbon
Stickers
Plastic zip lock bags for baubles or treasures found



Lingo California

California has one of the most diverse populations in the world with up to 80 ethnic groups and languages represented. As you travel the streets of Orange County, have you ever wondered what a sign was advertising? A little bit of curiosity and research can open up a whole new world to you. You can learn about another language and culture, widen your choices of businesses that you utilize, perhaps access products and services that have been difficult for you to find and make new friends in your community.

It is also a wonderful experience for children and teenagers to learn the meaning of the words they hear and see often, but never thought about much because they were "just there".

Learning the meanings creates social and environmental awareness and helps develop an appreciation for neighbors, fellow students and the community as a whole.

Learning Lingo California Words for January

Vietnamese

Đồ biển—Sea food

Pronounced "dough be-enn"

Phở—Noodle soup with beef or chicken

(This is seen on signs for restaurants).
Pronounced "fuh"

Tiệm bánh—Bakery

(Tiệm is store and bánh is cake).
Pronounced "Team baanh"

Spanish

Arbolitos de Navidad—Christmas trees or Christmas tree lot

Pronounced "R bow lee toes"

Panadería—Bakery

All kinds of baked goods including dinner rolls, donuts, cakes, empanadas or turnovers, and banuelos, a Mexican breakfast sweet roll.

Pronounced "Pahnahn derr ee uh"

January 2002 Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults. To submit an item for the calendar, please call (714)796-0100.

Wednesday, Jan. 2 OC Performing Arts Center Tour

600 Town Center Dr.
Costa Mesa
(714)556-2787

For anyone who wants to know more about the performing arts, take a tour of Southern California's award-winning home of the performing arts. This tour takes you back stage, to rehearsal rooms and provides an explanation of design and architecture. Reservations are advisable.

Time: 10:30 a.m.
Cost: Free

Thursday, Jan. 3 1st Thursday Art Walk

Laguna Art Museum
307 Cliff Dr.
Laguna Beach, CA
(949)494-8971

Over 40 galleries open for this monthly festive cultural evening. There is a free shuttle service that starts at the museum at 6:15 to tour other galleries. There is live music and dance performances as well as artist demonstrations. Admission to the Laguna Art Museum is free on this night.

Time: 6-9 p.m.
Cost: Free

Thursday, Jan. 3 Journeys to the Past

Mission San Juan Capistrano
Camino Capistrano & Ortega Highway
San Juan Capistrano
(949)234-1300

This is a culturally rich program about California Achajamen Indians and mission life. It is perfect for all grades and is highly interactive. Reservations are required.

Time: Call to schedule a time
Cost: \$3 per person

Saturday, Jan. 5 Walking Club of Newport Beach

Meet at Hospital Road and Superior Avenue
Newport Beach
(949)650-1332

This is a great opportunity to meet new friends, develop healthful exercise habits and to have fun.

Time: 9 a.m. & 7 p.m.
Cost: Free

Saturday, Jan. 5 Artists Village Open House

Parameters: 2nd and 4th Streets/
Bush and Broadway
Santa Ana
(714)571-4229

The first Saturday of each month artists, art galleries, theaters and downtown restaurants host the Artist Village Open House for community residents. Visitors are afforded a "see it first" opportunity to see the latest works created in this colony of over 50 art studios located in the historic district of Santa Ana. The galleries, dance studios, Cal State Fullerton class locations, OC School for the Performing Arts, music and multi-media presentations, as well as live performances, always provide a new and stimulating view of the arts in Southern California.

Time: 7-10 p.m.
Cost: Free

Saturday, Jan. 5 Saturday at the Mission

Mission San Juan Capistrano
Camino Capistrano & Ortega Highway
San Juan Capistrano
(949)234-1300 X-317

This is a hands on history program for children of all ages. Four different classes, each devoted to a different time period, are offered throughout the year. Classes even include an historically appropriate snack, a take-home craft project and an achievement certificate.

Time: 9-11:30 a.m.
Cost: \$15

Saturday, Jan. 5 Story and Craft Time

Anaheim Vineyard
5340 E. La Palma Ave.
Anaheim
(714)777-4777

This activity is designed for children 4 to 8 years of age. The children may take home a craft.

Time: 11 a.m.
Cost: Free

Saturday, Jan. 5 HB Funroll

Amphitheater on North side of Huntington Beach Pier
Pacific Coast Highway at Main
Huntington Beach

Beginning at the Amphitheater, participants of all ages meet to skate approximately 16 miles roundtrip. The pace is "nice and easy" and there are several rest stops on the way. Protective gear, including guards and helmets are recommended. The group meets for lunch at a local restaurant afterward.

Time: 10:15
Cost: Free

Through Sunday, Jan. 6 The 12 Days of Science Discovery Science Museum

2500 N. Main St.
Santa Ana
(714)542-2823

The most popular science shows will be featured, including: "Science of Snow," "Liquid Nitrogen," "H2Wow," "Jones and the Incredible Insects," "Physics Show," "BEE Smart," "Watts Current," "Wizard of Ooze," "Science of Sports," "Science of Smorgasbord," and "The Science of Magic and Illusion." A different Show will be featured each day.

Time: 11:30 a.m.
Cost: Children \$8.50
Adults \$11

Sunday, Jan. 6
North Orange County
Computer Club

Chapman University
 Irvine Hall
 Palm at Center
 Orange
 (714)998-8080

This is a club for all ages of computer buffs from beginners to experts. Special interest groups meet at different hours during the day and the main meeting is held at 1 p.m. It is primarily for support of IBM PC users. The programs are interesting, timely and often amusing.

Time: 1 p.m.
 Cost: Free

Saturday, Jan. 12
Living History Day

Mission San Juan Capistrano
 Camino Capistrano & Ortega Highway
 San Juan Capistrano
 (949)234-1300

Spinners, blacksmiths, weavers, soldiers, miners and even pirates provide special dramatizations and educational programs. The Living History Society is a volunteer group which shares historical information and fosters public understanding and appreciation for the mission as an historical site.

Time: 10 a.m.-2 p.m.
 Cost: Free with mission admission of \$6

Through Jan. 20
Muckenthaler Juried
Exhibition

1201 W. Malvern Ave.
 Fullerton
 (714)738-6595

The diverse works of 24 artists participating in the first juried show of Orange County. Musical performances will set the tone for this unique tour of artistic talent.

Time: Begins at 2 p.m.
 Cost: Free

Sunday, Jan. 20
One Flew Over the
Cuckoo's Nest

University of California, Irvine
 Beall Center for Art and Technology
 Campus at Pereira
 Irvine, CA
 (949)824-8251

Artist Mark Tribe is the presenter of this program featuring his online platform for

international new media art community in this Beall series, "Intersections of Technology, Arts and Culture."

Time: 5 p.m.
 Cost: Free

Sunday, Jan. 27
Scottish Tea

Discovery Museum
 3101 Harvard St.
 Santa Ana
 (714)540-0404

This is a marvelous event, especially for children and teenagers, and celebrates family day at the museum.

Time: 11 a.m.-3 p.m.
 Cost: Free

Saturdays in January
Story Time

Santa Ana Library
 26 Civic Center Plaza
 Santa Ana
 (714)647-5250

For youngsters 12 and under, this story hour features wonderful books from new releases to old favorites.

Time: 10 a.m.
 Cost: Free

Saturdays
International Speedway
Racing

Grandstand Arena
 Orange County Fair & Exposition Center
 88 Fair Dr.
 Costa Mesa
 (949)492-9933

Park in the main lot off of Fair Drive
 This is an exciting Saturday night, especially for teenagers.

Time: 7:30 p.m.
 Cost: Adults \$10
 Seniors and teenagers \$6
 13-17 \$6
 Children 6-12 \$3

3rd Weekend
Free Train Rides

Fairview Regional Park
 2525 Placentia
 Costa Mesa
 (714)54T-RAIN

The Orange County Model Engineers Club set up a kiddie-sized train and nearly 2 miles of track for youth and children to enjoy.

Time: 10 a.m.-3 p.m.
 Cost: Free on 3rd Weekend

Saturdays
Nature Conservancy

Guided Hikes and Bike Rides
 Santiago Canyon Rd. & San Joaquin Hills
 Laguna Beach
 (714)832-7478

Guided hikes and mountain bike rides are conducted on Saturdays and range from moderately easy to more rigorous. It is a wonderful way to become acquainted with nature. Please call for information on other activities.

Time: Please call for times
 Cost: Free

Saturdays and Sundays
Orange County Marketplace

Orange County Fair & Exposition Center
 Main Lot
 88 Fair Dr.
 Costa Mesa
 (949)723-6616

One of the largest arrays of new and used items in the world is available here.

Time: 7 a.m.-4 p.m.
 Cost: Adults \$2
 Children under 12 Free

1st Saturday of Month
Bolsa Chica Wetlands
Free Tour

Bolsa Chica Ecological Reserve Bridge
 Pacific Coast Highway between Warner and Golden West
 Huntington Beach
 (714)840-1575

This is a free 2-hour tour across the wetlands and an opportunity to see delicate sea life developing in the marshland and almost extinct coming back to life. This is a hard won ecological reserve and one of the few remaining wetlands on the Pacific Coast. Pelicans, ducks, swans, herons, egrets and least terns abound, so bring you binoculars and a jacket. This is a California only experience.

Time: 9-10:30 a.m. Groups leave every 15 minutes
 Cost: Free

Quotable Quote

"As I cultivate my own nature,
 all else follows."

—Ehwaq

FROM THE REGIONS

VOLUNTEER TRAINING

All of Our CYS-Project Together volunteers are welcome to attend any training. Please call your Volunteer Coordinator for more information.

East	Tuesday Evenings Call for an appointment (714)480-6756
North	Call for schedule (714)577-5422
South/ Costa Mesa	Call for appointment (714)850-8444
South/ Laguna Beach	As required (949)499-8614

West

Call to schedule
(714)896-7556

Aspen/
Santa Ana

Call for times
(714)565-2830

Aspen/
Tustin

(714)508-1919

Molly Powell
Melody Wiggins-Loo

South/Laguna Maria D'Angelo
Andrea Perry

**West
Aspen/Tustin** Diane Abruscato
Samantha Nguyen
Viviana Peredez

WELCOME NEW MENTORS

East

Yvette Battres
Auang Nguyen

North
South/
Costa Mesa

Misty Roman
Susan Huynh
Leah Crain
Stephanie George
Dolores Guintu
Gretchen Haugen

WELCOME NEW VOLUNTEERS

**South/
Costa Mesa** Mindy Brown

THANKS TO THOSE WHO'VE
MOVED ON

**South/
Costa Mesa** Caroline Kreiss
Cherryl Reyes

There's More Than One Way to Hug a Child...

Those of us at Children & Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Your generosity allows community resources to become an important asset in the therapeutic process. Each month, we extend

our thanks and give recognition to our caring donors.

Janet Blair
Foster City
**Children's Museum of
La Habra**
La Habra
Cornwell Foods
Irvine

Steve Fainbarg
Costa Mesa

Jerry Grossi & Family
Tustin

Dan Kethum
Yorba Linda

Lens Crafters
Westminster
Laguna Hills
Brea Mall

Michael Khoo

Mission Hospital
Mission Viejo

**MBNA Marketing
Systems, Inc.**
Aliso Viejo

PLH & Associates, Inc.
Irvine

Ralphs
Irvine

Statek Corp.
Orange

Happy Birthday!

Wendy Meyers	1/2
Cherryl Reyes	1/6
Ana Benavides	1/7
Stephanie George	1/9
Cezar Lucki	1/14
Jana Elam	1/15
Annette De Luca	1/18
Katie Miller	1/21
Zarna Kamdar	1/22
Tanja Litschke	1/23
Denise Nguyen	1/28

2002 Agents of the Universe

In this New Year of 2002
Many are wondering what they can do
Improve themselves
Or help others be well

It is up to you to decide
To eradicate the faults you sought to hide
Or to make a leap of hope
And lend a hand to help others cope.

And many times you will find
As you put the needs of others in mind
Those faults you sought to hide
Evaporate in stride.

As you go about your works
Just think about the meaning of words—
My point of view and kind acts make the difference.

I am but an agent of the universe.

—M/M

The Back Page



Farewell to Samantha Roberts

The CYS-Project Together staff, West Region clinical staff and a host of mentors bid farewell to Samantha Roberts, West Region Volunteer Coordinator for CYS-Project Together.

Samantha has accepted a position as Community Program Specialist for Orangewood. We wish her well and know she will continue her dedication to the welfare of children as she begins work with Orange County's Social Service Agency.

HIGHLIGHTS

January 2002

CYS / Project Together Newsletter

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County of Orange Health Care Agency/Behavioral Health Services

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South/Laguna	Lee Boon	(949)499-5346
West		(714)896-7570
Aspen/Santa Ana	Adrienne Davalos	(714)565-2830
Aspen/Tustin	Ken Cornwell	(714)508-1919

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS- Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals.



County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

405 W. 5th Street, Suite 436

Santa Ana, CA 92701

Address Correction Requested

Happy New Year

*We wish you a safe and prosperous 2002.
May you find your purpose as you help
others.*

May you find prosperity in your joy.

